

Come practice
CHAIR YOGA

April 25, 2017

12:10 – 12:55pm

Chair yoga offers gentle stretching and strengthening, conscious breathing practices, relaxation techniques, and mindfulness practices. Chair yoga can bring benefits such as stress reduction, relief for common discomforts of neck and shoulder strain, or back ache. This well rounded practice increases general sense of well-being as well as resilience to face day's challenges.

NO RSVP REQUIRED.

LOCATION:

SFHSS Wellness Center
1145 Market Street, Suite 100
San Francisco, CA 94103
(415) 554-0643

